



sandiegocountylibrary

Programs @ San Diego County Library September 2011

Quick Links

[SDCL Homepage](#)

[Locations](#)

[Calendar of All Events](#)

[Other Library News](#)

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3 Simple Steps to Prevent Suicide

**1-Hour Workshop
for Friends, Family &
Front-Line Workers**

**Ramona Branch Library
Wednesday,
September 7 @ 10:30 AM**

**Vista Branch Library
Wednesday,
September 7 @ 1 PM**

**El Cajon Branch Library
Thursday,
September 8 @ 1 PM**

**San Marcos Library
Thursday,
September 8 @ 1:30 PM**

Dear Customer,

Join your neighbors and celebrate September by attending a free program @ your San Diego County Library!

Featured Programs for September



Emergency Preparedness Step-by-Step @ Alpine,
Saturday, September 24, 10 AM.

Earthquakes & Tsunamis 101 @ Bonita-Sunnyside,
Saturday, September 10, 1-3 PM. Expert Tod Aubin will answer questions and discuss the latest research and lessons learned from previous disasters.



Save the Date! San Diego County Book Festival
@ Encinitas, Saturday, October 1, 10 AM - 4 PM.

Remembering 9/11: A Firsthand Account @ Julian,
Saturday, September 10, 1 PM.

6th Annual Spring Valley Library Fiesta! @ Spring Valley,
Saturday, September 17, 11:00 AM - 2 PM. Many local business and community partners will offer freebies, food, and entertainment.

Hispanic Heritage Fiesta with Crafts for a Cause @ 4S Ranch,
Thursday, September 29, 4 PM. Sponsored by Point Loma Credit Union.

Free Vision & Hearing Screening for Preschoolers

18 mos.- 5 yrs.

San Marcos Branch Library

Wednesday, September 21,
@ 9:30-11:30 AM

Provided by North County Health Services

Beginning Line Dancing

Join Us For Fun & Fitness!

Vista Branch Library

Thursdays,
September 8, 22 @ 1 PM

Alternative Health Series:

Improve Memory, Focus, Stress & Motor Control with

NeuroTraining

Santee Branch Library

Thursday, September 8
@ 6:30-7:30 PM

"Meet Me at the Dinner Table" with Author Jessica Barna

Plan healthy family meals & overcome dinnertime challenges

Alpine Branch Library
Saturday, September 10
@ 1 PM

El Cajon Branch Library
Tuesday, September 20
@ 2 PM

Online One-on-One Tutors Help with Homework

FREE Everyday, 1-10 PM, English/Spanish.

Online Job Coaching- Free 24/7 with Library Barcode!

Health / Fitness Programs in September

Teen Vegan Cooking Class @ Lemon Grove, Saturday, September 24, 1 PM. Teens learn simple recipes.

Stroller Shimy & Shake! @ El Cajon, Saturdays, 10 AM.

Don't bother with the babysitter - get back in shape, have fun and bond with your baby or toddler all at once with this super fun dance and toning workout. Bring your stroller!

Champions of Change! @ San Marcos, Fridays beginning September 9, 10 AM. Learn how to make healthy choices for you and your family.

Fit & Fun After School @ Casa de Oro, Thursdays, 4 PM.

Make healthy food, exercise, do yoga or play games.

Yoga for Adults @ Ramona, Fridays, 11 AM. Bring your own mat.

Tai Chi QiGong @ Rancho San Diego, Beginners: Wednesdays, 10:15 AM. Intermediate: Thursdays, 10:15 AM.

FREE Programs for Parents

Positive Parenting

@ 4S Ranch, Tuesdays, September 6, 13, 20. 1:30 PM. Provided by Jewish Family Services.



Parenting Preschoolers

@ Lemon Grove, every Thursday in September, 1 PM. Sponsored by First 5 San Diego.

Spanish-Language Parenting Classes with Elizabeth Pastrana @ Vista, Mondays, September 12, 19, 26. 6 PM.

Ready, Set, Organize for Parents!

@ Del Mar, Saturday, September 24, 1 PM.

Farsi Mom's Club @ Solana Beach, Mondays, 4:30 PM.

Home Clinic

FREE
Professional Advice
to Avoid Foreclosure

Spring Valley
Branch Library
Saturday,
September 10
@ 10 AM -2 PM

Call 1-800-462-0503 to
register for FREE

Minute-To-Win-It!

For the Whole
Family!
Win Prizes!

Imperial Beach
Branch Library
Saturday,
September 17
@ 1 PM

Learn How to Blog

Sponsored by
Patch.com

Lemon Grove
Branch Library
Wednesday,
September 14
@ 6 PM

Stress Reduction Workshop

with Dr. Jessica Buss

4S Ranch
Branch Library
Wednesday,
September 21
@ 6 PM

FREE College-Prep Programs

Paying for College @ La Mesa, Thursday, September 22, 6:30 PM. Sponsored by Kaplan.

Test Stress: A Parent's Real Guide to College Test Prep @ Casa de Oro, Saturday, September 24, 10 AM. Sponsored by Sylvan Learning.

SAT/ACT Practice Test @ La Mesa, Tuesday, September 13, 4 PM. Test results Tuesday, September 20, 6:30 PM. Sponsored by Kaplan.

SAT Practice Test @ Casa de Oro, Tuesday, September 17, 10 AM - 2 PM. Sponsored by Sylvan Learning.

College Entrance Essay Workshop @ San Marcos, Saturday, September 24, 11 AM.

Tips for Taking the SAT @ San Marcos, Thursday, Saturday, September 8, 4 PM.

SAT Practice Test @ San Marcos, Saturday, September 10, 10 AM.

FREE After School Activities

Back to School Makeovers @ Encinitas, Wednesday, September 7, 4 PM (for tweens and teens).

Tweensday @ Poway, every Wednesday, 4 PM.

Wii Days for Kids (Grades 1-5)
@ Rancho San Diego, Tuesdays, 2:30 PM.



Tween & Teen Book Clubs @ Spring Valley, Fallbrook, El Cajon, Bonita, Lemon Grove, La Mesa, Poway, Del Mar, Imperial Beach, San Marcos. Contact the branch for details.

Fine-Free Friday is September 30

Return any overdue SDCL-owned material to any SDCL branch on September 30 and we'll waive the fines.

Please note: Program schedules sometimes change. To confirm program details, please contact the branch. [\(branch contact info\)](#)

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